

# FORGING THE FUTURE:



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## Friday FACTS

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14 January 2000

"Leadership, Partnership, and Championship"

### NEWS

#### UPDATE ON EXECUTIVE ORDER 13058

Executive Order 13058 became effective 09 Aug 97. The EO prohibits the use of tobacco products in all Federal Facilities to include MWR facilities. The order does not extend to residential accommodations such as the BEQ or BOQ. Since 1997, there have been petitions against this order from all services. Recently, SECDEF signed an agreement whereby federal facilities will have 3 years to install tobacco abatement equipment to such areas as bowling alleys, and other clubs. At the end of the three-year period, 7 December 2002, if the facility does not have the proper equipment installed, it will automatically become tobacco-free. Installation Commanders may decide that their facilities become tobacco-free immediately.

#### Naval Hospital Camp Lejeune Introduces the Health Promotion Education Center Grand Opening and Open House 14 January 2000

The Naval Hospital created the Health Promotion Department in 1994 to improve the health of our service members and their families by offering awareness and education programs. Part of the Command's Strategic goal in Promoting Healthy Living was to develop a Wellness Center where our customers could learn about good health. Many education opportunities are available within this facility, as well as in the unit work centers, such as; Nutrition, Weight Management, Tobacco Cessation, Health Risk appointments, Diabetes and Asthma education. Many other departments and organizations also use the facility to teach classes. The Health Promotion Education Center offers a lending library with computer resources for customers to learn more about good health. For more information please call 451-3712.

### Book Review



#### Want to improve Your Mental and Brain Powers?

A new book *Keep Your Brain Alive*  
by Lawrence Katz of  
Duke and Manning  
Rubin offers a  
number of activities  
with their Rationale.



*The purpose of life is to live  
it, to reach out  
eagerly and without fear for  
newer and richer  
experience.*

*Eleanor Roosevelt*

#### 8Th Navy Health Promotion Conference Update

Just a friendly reminder to those who are attending the NEHC Health Promotion Conference to bring an extra piece of empty luggage to carry back the Conference Manual and all the "goodies" that traditionally get handed out at the conference!



Need some help on line to  
quit smoking? Visit the  
Stop Smoking Planner at  
the Mayo Clinic Health Oasis for  
Assistance The Health Oasis Stop  
Smoking Planner <http://www.mayohealth.org/mayo/9910/htm/smoke.htm>